



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



FREEDOM

FRIDAYS

@cpaprivatepractice

HeyPPD Familia

PPDNation, May is here; bringing brighter days, fresh momentum, and a little extra spark. 🌸✨ Have you checked in with yourself lately? Not just powering through but actually pausing and asking, "How am I doing?" Between PT sessions, the clinic rush, and those never-ending curveballs, it's easy to stay on go mode and forget about you.

So here's your moment...

Take a breath. Reset. And while you're at it, take a look at our Freedom Friday sizzl'n picks 🔥 and see what speaks to you. Find what works for you. Not everything deserves your energy, so start closing those unnecessary brain tabs one by one. Keep what helps, let go of what doesn't. Stay grounded, stay sizzl'n, and keep showing up your way. 🌱
@physiokarim

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1% MINDSET

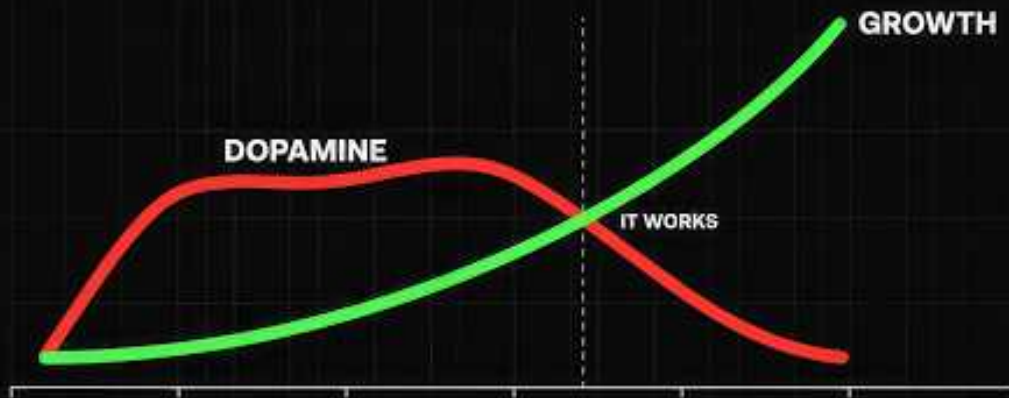


THE 1% MINDSET

5 Habits That Make You Less Affected by People



DOPAMINE DIES



Your Brain Literally Fights You The Moment Things Start Working

YOUR BRAIN IS **HACKED**



The Dopamine Trap: Why You Can't Stay Consistent (And How to Fix It FAST)

ANXIETY OR **INTUITION?**



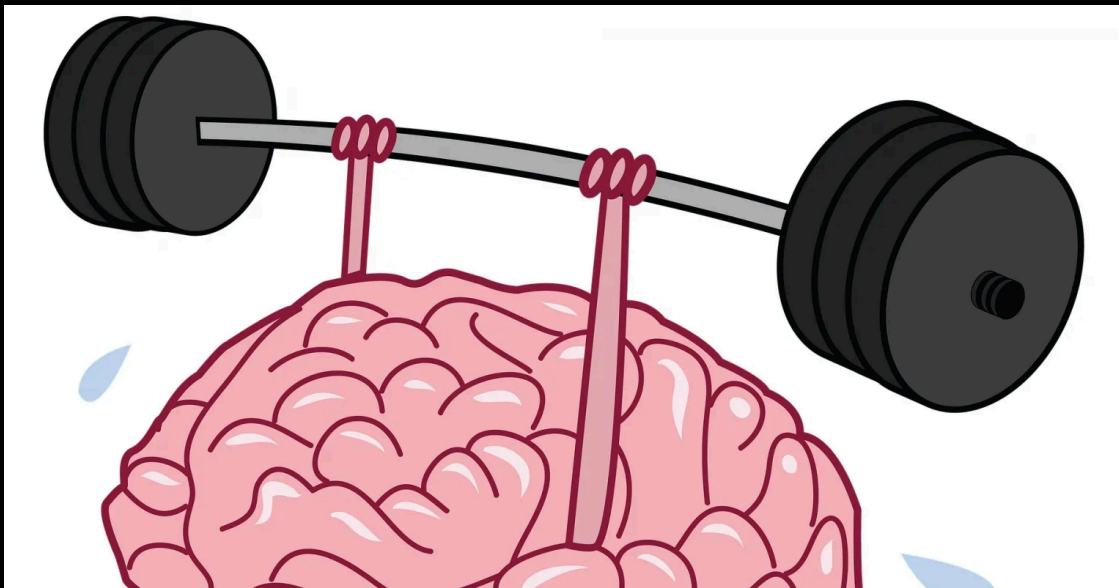
Why Your Brain Can't Tell Intuition From Anxiety



Your Brain Has Too Many Tabs Open (here's how to close them)



The #1 Reason You Feel Stuck (It's Not What You Think)



What Makes Life Feel Hard, and How to Cope



Positive Social Media: How to Use It for Connection

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IS YOUR PRACTICE READY FOR ROUND 2?

PPD buying network
ONE PRACTICE OR PRACTICES TO GET THE MOST FROM YOUR PRACTICE

TUESDAY TIPS

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If you have any questions for the private practice division, send us an email at:

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